

**CLAIM**

1. What I claim as my invention is a self help method for eliminating smoking, tobacco use, and other similar repetitive habits:
  - a. which asserts smoking is based on habit and conditioned response and not addiction to nicotine, and
  - b. does not require the use of medications, nicotine replacements, or counseling, and
  - c. includes in said invention the opportunity for smoker to smoke so withdrawal symptoms are minimized and smoking does not constitute failure, and
  - d. which assumes smokers do not wish to quit and personal motives must be identified, magnified, and utilized to motivate smoker, and
  - e. which isolates smoking to unlikely locations so the habit can be extinguished or eliminated where it has commonly been practiced, and
  - f. which can be avoided once smoking cessation is accomplished, and
  - g. which utilizes positive and negative imagery in conjunction with relaxational techniques and a Freedom Object to enhance motivation to quit and to provide an alternative manipulandum for quitter to occupy quitter's hands when not smoking.